



## Service with a smile

The best thing about volunteering is putting a smile on a lonely person's face.

FEATURE 11

Monday, October 20, 2003

# Spoke

Conestoga College, Kitchener

35th Year — No. 7

## Eating OK'd in Sanctuary

By CHRISTINA BRAMBURGER

Students of Conestoga College are allowed to continue eating in the Sanctuary.

Conestoga Students Incorporated (CSI) has decided to look into hiring a cleaning staff to help solve the garbage problem they have been experiencing.

"What we have found is that students have made a conscientious effort in terms of throwing garbage out. The problem is not solved, but they have tried," says CSI president Justin Falconer.

At one point, the garbage crisis had grown to more of a sanitation and health issue than just an issue of appearance.

At the beginning of the year, CSI wanted to let students handle it. They put up some posters reminding people to throw out their trash and warn them that if the mess continued they could lose their beloved lunch spot.

Ethan Miller, vice-president of student activities at Conestoga, says he's shocked by the response CSI has had from students.

"The garbage in the Sanctuary has got to be half of what it was before."

Falconer believes students are used to having people clean up after them because in the cafeterias the staff cleans up after students.

It is an endless battle, Miller says.

"It is something we are going to continue to promote and I hope just

out of true spirit students help us out by throwing out trash and sticking with this. I do think it speaks volumes about the students that go here."

CSI weighed the pros and cons of a lot of different solutions, but in the end they thought it would be best to receive quotes from some cleaning services.

Providing it is a reasonable cost, CSI will be paying for cleaning staff to look after the Sanctuary periodically throughout the lunch hour and clean up after students.

As long as people are making a concerted effort CSI should keep the room open and allow people to eat in it, says Falconer.

There is a budgeted amount of money available through the CSI capital development fee that every student paid at the beginning of the year. There is some money left over and the idea would be to take some of that unspent money and use it to pay for cleaning this year.

Unfortunately what this is going to do is cost students thousands of dollars rather than picking up their own garbage, Falconer says.

"Don't take this as a service that is free or as something we do as a bonus. It is costing students money."

Miller says he knows the decision CSI came to is the best one.

"This way we can continue to acknowledge and attack the issue of pride in our school. Students are also going to have a clean area, but they're going to pay the price for it."

## College radio goes live to air

By CARLA KOWALYK

Conestoga College's radio station, The Condor at 88.3 FM CJIQ, is now being heard by more students than in the beginning of the school year. And a live-to-air from the Sanctuary on Oct. 30 is just a taste of what is yet to come from this homegrown treasure.

Now the problem of the station not being played in the cafeteria has been solved by a control box, more and more students are recognizing the variety station as one they love to tune in to.

Adam Schmidt, a first-year aviation student, said it best when he used a swear word to describe how awesome the radio station was.

"I know you can't print that," the 20-year-old said. "So I'll say I've heard a lot of new music on it that I really like."

Mark Burley, CJIQ's program director, built the station from the

bottom up. "I got here in fall of 2000, and we went on the air in January of 2001," Burley said. "I've been here for the whole ride."

**"We have heavy metal shows, New Age rock shows, rock shows, contemporary Christian on Sundays, ethnic programming, hip-hop, reggae, you name it, we play it."**

*Mark Burley,  
CJIQ program editor*

Burley describes the radio station as being current with today's music. But every once in a while an oldie will be thrown in.

"We play anything from Clay Aiken to Sloan," Burley said. "During the day, we play it all. We have heavy metal shows, new age rock shows, rock shows, contemporary Christian on Sundays, ethnic programming, hip-hop, reggae - you name it, we play it."

Broadcasting radio and television students help run the station. This is where they learn the ropes of being a DJ and keeping their listeners interested.

Colin Smith, a third-year broadcasting radio and television student, said for him, working on CJIQ is amazing.

"You get a lot more freedom than you would at a commercial radio station," the 21-year-old said. "They allow you to put together your own shows, and pretty much do what you want to do when you want to do it."

Scott Wilkie, also a third-year broadcasting radio and television

student, agrees that CJIQ lets their creative juices flow.

"We get to come in here and be on the radio and talk about stuff we want to talk about," the 22-year-old said. "It's really full circle working here on CJIQ. We get to be involved with the college, the students and the music industry all at the same time."

On Oct. 30, CJIQ will be broadcasting the Halloween Bash in the Sanctuary 9 p.m. to 1 a.m. DJ Dropkick, DJ Skary and DJ Klutch are going to spin records and show Conestoga students a good time.

"We're going to be doing requests ahead of time," Burley said about the live broadcast.

Students can request songs they want to hear by e-mailing CSI at [esiparty@hotmail.com](mailto:esiparty@hotmail.com), and those songs will be played that night.

But to hear your song, you'll have to go to the party or tune into 88.3 FM, and listen for The Condor.

## New club on campus

Optimists collect baseball equipment for kids in the Dominican Republic.

NEWS 13

## NHL season picks

Which stars will burn up the ice as the hockey season heats up.

SPORTS 18

## Seminar boosts body image

By JENNIFER MENDONCA

Christina Aguilera's weight gain was big news. Kelly Clarkson proudly announced she refuses to lose weight to be a "star." Britney Spears was recently caught with diet pills in her purse.

What is the problem with these statements?

Well, Aguilera now weighs 115 pounds, Clarkson 125 and Spears is famous for her perfect abs.

With messages like these, is it any wonder society is becoming increasingly obsessed with body image, when by Hollywood standards 125 pounds is considered "fat?"

Ninety-five per cent of us are dealing with body image issues, said Lynn Robbins White, a counselor with student services.

"We put so much energy into obsessing about how we look that we lose sight of what's important in life," said White.

White hopes students who are dealing with body image issues will attend the four-week body image seminar beginning the week of Nov. 3 at the college.

"The seminar is called A Different Kind of Hunger," she said. "It's about finding a hunger for a different passion, not always striving to be something else, but accepting who you are."

White encourages anyone with body image issues to attend, including men.

"Men face just as much pressure as women to look a certain way. They need to feel comfortable talking about their body image issues."

This is the first time the college has held a group workshop on body image.

The ability to talk about your own issues in a group is always helpful, said White.

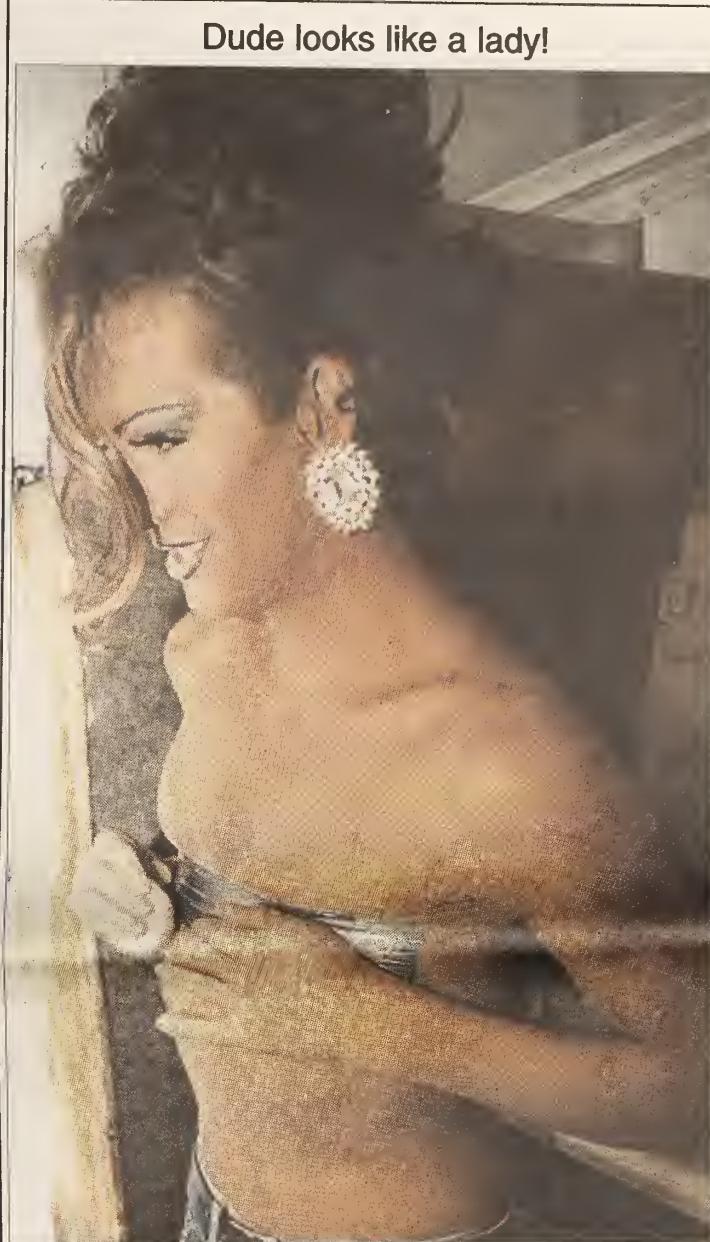
"In a group people will realize their feelings are normal, they are going through the same things as the person sitting next to them."

"If they feel better after leaving the seminar, then it was a success."

Individual counseling is also available in student services for those who are uncomfortable in a group environment.

To sign up for the seminar, bring a copy of your timetable to student services. They will assess a convenient time for everyone to meet.

The deadline to register is Oct. 29.



The life of a drag queen isn't all glitz and glamour. Brad Hamacher, 26, of Kitchener, tapes his chest to give the illusion of natural cleavage.

Full story Page 10.

(Photo by Blake Gall)

# Student responsible for accidental alarm

By RYAN CONNELL

The loud shrieking fire alarm has become a common noise for residents, who had to evacuate the Conestoga Residence and Conference Centre on Oct. 8.

The alarm rang in the afternoon after a student hung a jacket on a kitchen sprinkler in a residence room.

Students had to wait outside for about 30 minutes for three fire trucks to come to the building.

**"At the beginning of the year, we tell students not to touch or tamper with the fire equipment."**

*John Kobylnik,  
residence general manager*

Firefighters entered the building to inspect the sprinkler system and turn it off. The sprinkler flooded the second-floor room, damaging the floors, walls and ceiling.

Water also damaged surrounding rooms and leaked through the floor, damaging the rooms and hallway below.

Residence general manager



(Photo by Ryan Connell)

Firefighters enter the Conestoga Residence and Conference Centre to inspect a broken sprinkler, which flooded a second-floor room on Oct. 8.

John Kobylnik said it is hiring a restoration company to inspect the rooms to find out what needs to be done to fix the damage.

Kobylnik said it is the first time

he has had to deal with a flood caused by a sprinkler being set off.

"We've had times where the pipes break, because of cold

weather, but this is the first time it has been because of somebody's actions," Kobylnik said.

It is unclear how much money it will cost to fix the damage, but

residence management is looking for ways to recover the cost.

Although the incident was accidental, the student is being held responsible.

Kobylnik is unsure what repercussions the student will have to face.

Residence management is investigating the matter with the fire department and is discussing whether the student should pay a fine for the fire alarm.

A student who sets off fire alarms under false pretences can risk being charged a fine, being evicted from residence and removal from the program they are taking at Conestoga College.

"At the beginning of the year, we tell students not to touch or tamper with the fire equipment," Kobylnik said. "We take it pretty seriously."

Kobylnik said another important issue that students may not realize is that damage to students' belongings is not covered by the residence's insurance policy.

It is suggested that students look into their parents' or guardians' house insurance policies to see if their belongings are covered or not.

Students whose rooms were flooded were moved to other rooms in residence.

## New electronics store offers students jobs

By DARREN SMITH

Employees from Best Buy recruited students at the Doon campus of Conestoga on Sept. 25 for the new Kitchener store.

The store, scheduled to open this fall, is on Fairway Road South beside The Record.

**"We are offering students flexible hours."**

*Sam Carrafiello,  
computer technician*

Best Buy deals with consumer electronics, home and office products and software.

Computer technician Sam Carrafiello said the Kitchener store is set to open Nov. 11 with the grand opening on Nov. 21. He said seven or eight students showed an interest and were referred to Best Buy's online website application.

Carrafiello said Best Buy is looking to hire about 100 people for various positions and said this would be a good job for students.

"We are offering students flexible hours," said Carrafiello.

District manager Bryan Dipasquale is eager to see Best Buy's continued expansion in

Canada with the new Kitchener store.

He said the store would offer customers a unique electronics shopping experience that focuses on fun, interactivity and no-pressure browsing.

"We look forward to providing Kitchener consumers with affordable, easy-to-use high-tech consumer electronics and entertainment products," said Dipasquale.

Best Buy is conducting preliminary interviews online. The process takes approximately 12 minutes. Students are notified right away if they meet the company's employment requirements.

Information obtained from the company web page states it plans to open 60 stores in Canada over the next five years.

It has supported local Big Brothers, Big Sisters and United Way agencies that support youth. Donations of Canadian Best Buy stores exceed \$300,000.

A fax from the regional human resource manager, Mayda Forrester, said Best Buy provides regular performance reviews providing opportunities for career advancement.

"Best Buy is looking for individuals who enjoy technology and entertainment and can help create a fun environment for our customers," said Forrester.



(Photo by James Clark)

**Don't fall!**

Dean Wickens (standing) and Ron McLiveen (kneeling) install a new vending machine in the B Wing at Conestoga College on Oct. 8.

## Two win Weldtech awards

By JAMES CLARK

Two Conestoga College mechanical engineering technology students have received a \$500 award for achieving the highest averages in their class.

Patrick McBurnie and Thomas Zhang are this year's winners of the annual Praxair WeldTech student award.

McBurnie had an average of 96 per cent in first-year manufacturing engineering technology - welding and robotics. Zhang led second-year students with an average of 88 per cent.

**The program focuses on giving students hands-on experience with robotic programming.**

Manufacturing engineering - welding and robotics is a three-year program offered at the Guelph campus of Conestoga College. The program focuses on giving students extensive hands-on experience with robotic programming.

Praxair Inc., the sponsor of the award, is a Fortune 500 company that supplies a variety of gases, high performance coatings and related services and technologies. Annual sales total \$5.1 billion.

# Open house celebrates new location

By JENNIFER HOWDEN

Co-operative education, career services and alumni services held an open house on Oct. 8 to celebrate their new location.

As of August this year the three services have all moved to Room 220 in the client/student services building.

The open house ran from 1 p.m. to 5 p.m.

People from both faculty and student body were welcomed to stop by and meet the staff, see the new location and learn more about what the services have to offer.

"We just wanted to let the students and faculty know where we are," said co-op adviser Linda Hart.

The big move is designed so students only have to go to one place for the services instead of three different rooms.

"It was difficult for students to visit three different locations when they needed help," said Hart.

"Now that we're in one place it's a lot easier for students to get help."

Co-operative education helps students write their resumes, cover



(Photo by Jennifer Howden)

John Savoski fills out a ballot to win two Toronto Maple Leaf tickets at the career services open house on Oct. 8.

letters and find placements.

Career services helps students

find employment after they graduate or find part-time jobs. Also, stu-

dents who graduated in previous years are welcome to come back and get help finding a job.

Alumni services helps alumni organize reunions and donates tickets, computers, TVs and other things the students need.

"We just wanted to let the students know where we are."

Linda Hart,  
co-op adviser

Not only were the open house visitors treated to refreshments and goodies they also had the chance to fill out a ballot to win two Toronto Maple Leaf tickets for the Dec. 2 game. The Leafs will play the New York Rangers.

The tickets were donated by Mike Shipley, a business administration materials management alumnus. Shipley graduated in 1986.

The winner of the tickets was originally Andrea Leis but she passed them on to Tim Read, second-year computer program analyst student.

## It's all about the music

By CARRIE HOTO

A week from tonight the Sanctuary will be filled with the beats of live, original alternative-rock tunes.

"Live music at this college is long overdue and is a perfect outlet for students to showcase their amazing hidden talents to fellow students and staff," said Ethan Miller, Conestoga Students Incorporated (CSI) vice-president of activities.

"Historically, live music has been synonymous with the human spirit and existence. Why would this be any different at Conestoga?"

Miller said since he was elected last year students have "consistently and continually demanded live music."

For the past two years, Rob Speers, a third-year broadcasting student has been trying to get his band and others to play in the Sanctuary.

"It's been a long, hard struggle," said Speers.

Speers' band, which has "no formal name" will take the stage at 9 p.m. Following Speers' band will be Inside, a band from Hamilton, and the feature band, Re-defined from St. Catharines.

"We're starting a new era with a fresh mindset here at CSI and the bottom line is, we've heard the many student requests for live music groups loud and clear and we are responding," said Miller.

"This is great, because we provide the venue, while the students make the tunes and support the event; it works out great."

Tonight will be the first of what Speers hopes to be many live band appearances in the Sanctuary.

The Sanctuary was not equipped for live music in the past.

"A new electrical supply and DJ booth containing sound equipment were required (for live bands to be able to play in the Sanctuary)," said Miller. "These components were completed over the summer."

Speers describes his music and the other bands' music as heavier-rock and alternative-rock styles. The 23-year-old and his band, including three other members, will be playing mostly original music.

"It's all about writing... We don't get together to play other people's music," he said.

"We don't want to waste time to play other people's music when we have so many ideas to harness."

Speers said the music is all about "feeling the groove."

"I want to have a forum for people in the college to experience their music. Hopefully this (live music at Conestoga) will continue when I'm gone."

Doors will be open at 7 p.m.

## Variety show draws an intimate crowd

By BRYAN MARTIN

Glen Ottaway came to Conestoga College on Oct. 6 to perform his comedy-magic show, only to see no students in attendance.

The Glen and Mark Comedy Variety Show was supposed to start at 8 p.m., but no students showed up until 8:30 p.m., so the starting time was pushed back.

Students weren't the only ones who didn't show. One of the two entertainers, Mark, pulled a no-show as well.

"We can't control if one of the entertainers doesn't show up. If he wants to miss out on a paying gig, then that's his choice," said Jody Andruszkiewicz, the Conestoga Students Incorporated events programmer.

When the show eventually started there were close to a dozen students in attendance. CSI had predicted a packed house of close to 150 students.

Andruszkiewicz said he finds it extremely disappointing when only a dozen kids showed up.

"I'm at a loss," said Andruszkiewicz. "I just don't understand why more students don't come out. We planned and advertised this event well and still no students showed up."

He said if you want to see a show like Ottaway's at Yuk Yuk's it costs \$15 a ticket and CSI is offering it to the students for free.

"This is supposed to be a free casual Monday night event for the students to come and enjoy the entertainment and have a few drinks if they want."

Andruszkiewicz said he felt it was a great show and many students' missed out on it. These events are funded with students' money, so they should come out and enjoy them.

"The CSI is offering students a choice when it comes to student life, the choice is whether students want to see a return on their invest-

ment into student life, or if students choose to stay home and waste their investment," said Andruszkiewicz.

He feels the success of student life events is not determined by the number of students attending the event, but how good the event is for the ones who attend it.

He says to embrace student life is important, so students can enjoy all the different activities CSI is offering.

Ottaway is from Whitby, Ont., and is a pretty casual guy, but even he realized it was going to be a tough show in front of a dozen college students.

"I knew looking at the audience and seeing only a few people that I was going to need my best stuff tonight and work really hard to keep the audience involved," said Ottaway.

Ottaway attended Ryerson University for technical theatre, but got bored and started out doing magic.

He then started doing a combination of magic and comedy and found the two gelled really nicely together and now has more than 25 years experience.

Ottaway has done military shows and absolutely loves doing them.

"The Canadian military only receives one type of show every six months. Whether it's a comedy show, magic show or whatever, when they get it they're really appreciative of it," said Ottaway.

Ottaway gets to go to interesting places and perform in front of crowds as large as 800 people.

"Heck, I've been to the North Pole twice, Israel, Croatia, Italy and many more and it's simply amazing," said Ottaway.

He called one of the few students in the crowd up on stage to help him in a lie-detector magic trick.

The student picked a card out of the deck and Ottaway was going to ask her a series of questions about the card. She was supposed to say

no to every question he asked and he would be able to tell if she was lying.

Ottaway was unsuccessful on guessing her card, but the crowd was really involved in that trick.

Christine Benevides, from Cambridge, was the chosen student who was here on a date.

She doesn't attend the college, but found the night to be quite good

despite the poor attendance.

"I was a little nervous up there and I was trying really hard to focus and not let him know when I was lying," said Benevides. "It was fun and I'm glad I did it."

Ottaway has his own website [www.ottaway.org](http://www.ottaway.org), where you can find out more personal information and some of the other places where he has performed.



(Photo by Bryan Martin)

Glenn Ottaway performed his comedy-magic show at Conestoga on Oct. 6. Only about a dozen students turned out for the event.

# Commentary

## Government burns medicinal pot users

It seems the issue of medicinal marijuana use will never be settled.

July 9 saw the passing of a law that allowed patients to use marijuana to ease the pain of ailments such as HIV and multiple sclerosis.

An interim policy was introduced that supplied pot to approved users at set prices that are lower than street cost.

By August, 580 Canadians had been granted licences to use marijuana for medical reasons, but they had no way to obtain it.

An appeal was almost immediately filed to criminalize marijuana once again. However, pot was never made a legal substance; it was just supplied to the people who truly need it.

An August 27 article in The Record told the story of an HIV-infected Toronto man who was using government-issued pot to relax his body and stop the nausea his medication was causing.

Jari Dvorak was quoted as saying, "I don't want to be a criminal when I'm buying the medication from dealers."

His point was an excellent one but it was ignored on Oct. 10 when the government prohibited the use of marijuana once again.

Until then, marijuana was being supplied through physicians on a monthly prescription basis. Patients were required to apply for the pot and, if approved, they were given 30 grams per month at a cost of \$150. The drug was subject to provincial and federal sales tax but it was still cheaper than buying it on the street and it was legal.

Today people such as Dvorak will have to turn to the streets to ease their pain. They will have to set up a regular transaction with a dealer in hopes that an adequate supply can be obtained.

It seems absurd to put terminally ill citizens through such a process. As well as having to devote so much energy to getting their pot, they are also running the risk of being arrested for the crime they are committing.

The marijuana the government was supplying was grown in Flin Flon, Man., under contract to Ottawa.

This meant that it was without a doubt a safe drug, anyone purchasing drugs on the street runs the risk of getting something that is laced.

But apparently this is not important to the Canadian government. It would rather play the role of ruler, in the sense that no one will possess illegal substances, than acknowledge that some people need this medication.

Medicinal marijuana didn't get the greatest reviews from some approved users, but others were pleased to have something to ease their pain that wasn't multiple pills.

The issue will probably still be debated by government officials as it has been an ongoing argument for quite some time now. But it seems obvious the real issue here is not decriminalization of marijuana, it's whether or not the government is willing to recognize that people in need exist and should be acknowledged.

No one should have to risk their life to obtain something like marijuana, especially the terminally ill.

"Now, before I can give you this prescription you must promise to refrain from laughter, munchies, giggles, hysteria or any other signs of fun."



## Uh-oh MSN limits services

You've got... screwed, a friendly voice from inside your computer says.

You wonder why you hear this non-reassuring voice and realize that you cannot find your favourite Microsoft Network chat room.

As of Oct. 14, MSN says unmoderated chat rooms will be a thing of the past unless you are a subscriber to one of their services.

Microsoft says the reason for this change is to "provide customers with a safer and more secure online experience."

It also says these changes are to help protect members from spam (unwanted e-mail) and help protect children from "inappropriate communication online."

These changes might not affect every Internet user but to young people these chat rooms have become the locker-room conversations of today.

Canada, the United States and Japan all have decided to allow users free access to some moderated chat rooms and use of unmoderated rooms for subscribers to MSN 8, Hotmail extra storage and MSN Internet access.



**Jason Middleton**  
*Opinion*

amount of child endangerment issues in chat rooms.

Each year more and more children are being lured to meet people from chat rooms.

Limiting 50 people per chat room and monitoring them could also eliminate spam messengers who send pre-formed messages to users.

The messages ask the chatter to visit a website in any form, from porn to mail-order drugs.

Microsoft, it seems, has a business plan to get people using its free products and waits for Internet culture to adapt to this new technology.

After a few years, it seems, it snaps the product back up, update it, and puts a price tag on using it.

While Microsoft says its plan for the future is to promote the new MSN messenger, which it says is the future in Internet communication, users should keep in mind that one day that service may have an invisible price tag attached to its code.

## Spoke

*Is published and produced weekly by the journalism students of Conestoga College*

**Editor:** Michelle Taylor

**Spoke Online Editor:** Jason Middleton

**Circulation Managers:** Diana O'Neill

Valentina Rapoport

**Photo Editors:** Carrie Hoto, Halley McPolin

**Faculty Adviser:** Christina Jonas

**Spoke's** address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

**Phone:** 748-5220, ext. 3691, 3692, 3693, 3694 **Fax:** 748-3534

**E-mail:** spoke@conestogac.on.ca

**Web site:** www.conestogac.on.ca/spoke

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Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr., Room 4B14, Kitchener, Ont., N2G 4M4

# Calendar helps to educate women

## Breast of Canada calendar an artistic and informative educational tool

By KATE BATTLER

Breast of Canada is a calendar aimed at helping women to help themselves and to be comfortable with themselves.

The brain child of Sue Richards, Guelph artist and entrepreneur, the calendar is filled with all types of useful information about breast health.

When she was doing research for the calendar, she was dismayed to find that while there was a lot of information available on breast cancer, there was almost nothing to be found on breast health. She wanted to change that.

Richards has found once women become more comfortable with their bodies they are more likely to take care of them.

She also started this calendar because she wanted to open people's eyes to other ways to view the breast. It is usually only thought about in relation to pornography, advertising or cancer. Richards said she wants people to get another perspective.

This was part of the reason why she wanted to add The Strong Breast Revolution, a one-act play performed top-free, to the calendar launch this year.

After seeing the play at the University of Guelph in the spring, she asked the cast and crew to restage it for the calendar launch because she was so amazed by it.

The play was performed eight times in conjunction with the launch at the Guelph Youth Music Centre Theatre.

After coming to the calendar launch, one woman had gone home

and done a self-examination and discovered a lump in her breast. She had undergone radiation and chemotherapy in the past year but was now in the healing process.

She thanked Sue for saving her life because she said she would not have done the self-examination if she had not come to the calendar launch.

This is the third instalment of the calendar and Richards said she has no plan of stopping anytime soon.

The Topfree Equal Rights Association (TERA) has been a sponsor of the calendar for the last two years. TERA helps women with legal fees resulting from going top-free in public places.

This calendar is not just about depressing stories but fun days and amazing stories of bravery too.

There is a story to go with each picture in the calendar and one of the most heartfelt ones goes with a picture entitled the Breastless Warrior.

The women in the picture wanted to get it done to prove that she had come to terms with her breastless body after having her second mastectomy. She was scheduled to go in for breast reconstruction just days after this shot was taken but wanted a picture that would show how strong she was now.

She based the idea for the photo on ancient Greek folklore about Amazon women. The Amazon women, who were hunters and warriors, had one of their breasts removed to be able to shoot a bow and arrow with more accuracy.

Throughout the article going bare-chested has been referred to as top-free, not topless. Topless is a criminal term used by the police when referring to strip clubs and



(Photo by Kate Battler)

Sue Richards, Guelph artist and creator of the Breast of Canada calendar, shows off the 2004 calendar cover at the Guelph Youth Music Centre Theatre on Oct. 7.

the like. The women referred to in this article as well as many others find the term offensive and degrading to all women.

The calendar is available at [www.breastofcanada.com](http://www.breastofcanada.com) and has been sent out not only across Canada but across the United States and around the world as well.

Richards and her supporters are holding a contest for the 2005 edition of the calendar. The contest is open to any photographer to submit a picture to be published in the calendar. They are always looking for volunteer models as well. Just check out the website.



(Photo by Kate Battler)

Dead Bra Day on Feb. 13, in which women get rid of their old, saggy, faded bras, was included in the calendar to add some fun.

## One-act play puts focus on women's breasts

By KATE BATTLER

A one-act play called The Strong Breast Revolution will change the way you think about the most prominent part of a woman's body.

Vicki Hambley, the director of the play, wants to change the way people think about and view the breast.

She said she wants women to realize everyone is different. She wants women to know they don't have to feel ashamed about their bodies because they don't look like the ones seen in advertising and on television.

The play was originally produced by Hambley for a directing course at the University of Guelph last spring but was brought in for the launch of the Breast of Canada calendar.

Sue Richards, the creator of the calendar, saw the original presentation and knew it would complement perfectly the image and issue she was trying to get across with her calendar. "I was blown away by it," she said.

The play, which is performed top-free, is a series of short stories and vignettes that all weave into each other.

Most of the stories in the play come from the actors', the directors' and the stage handler's own

experiences but there are also stories mixed in from friends and family members' experiences.

The play itself was very bold and in your face but it was the only way to get the point across and to make people take notice.

There was audience involvement in the presentation as well.

To start off, Richards told the story of how the calendar came to be and then asked audience mem-

bers to share stories about reaction they have gotten to their calendars.

A University of Guelph student said she has hers posted in her room at the student residence and has had many positive comments about it from girls and guys.

Once the play started it was very hard not to be moved by the stories that you heard. It made you realize just how oblivious people are to the struggles many women face about

their own bodies.

The play touched on all aspects

from young to old, black to white,

small to big, and perky to saggy.

It also discussed teen and pre-teen

issues that girls go through, prob-

lems new mothers face when breast

feeding in public and even how to

play with yourself.

After the play was finished the cast and crew, which consists of

actors Meagan Timms, Christine

Lafazanoes, Melanie Gayle and Laurel Atkinson, stage manager Jessica Strothard and Hambley, had much to say during a question and answer period.

When asked if it was hard for them to be around each other naked, Hambley responded at first it was a little uncomfortable but now it is completely natural to them to be around each other as well as others.

They group has been criticized for not having a more diverse cast; they are all young and perky. Hambley said the reason for that is they couldn't find other women who were willing to perform the play top-free.

When asked about why they feel there is a need for another perspective when it comes to breasts, Atkinson said, "What do boobs and stilettos have to do with selling malt whisky?"

There needs to be other images out there than the ones seen in advertising now, she said.

One younger audience member, brought to the play by her mother, said after seeing the play she is not afraid to grow up and get breasts anymore.

If you hear about an opportunity to see this play I highly recommend you see it. It will change the way you think.



(Photo by Kate Battler)

The cast and stage manager, from left to right: Meagan Timms, Christine Lefazanoes, Melanie Gayle, Jessica Strothard (stage manager) and Laurel Atkinson.

# Woodworking offers stress-free fun

By DESIREE FINHERT

Releasing stress and having fun are part of the woodworking curriculum, says Conestoga College's woodworking co-ordinator.

Al Sparling, full-time shop teacher and continuing education co-ordinator, says the night classes are as much a relaxing environment as they are a woodworking class.

"These people are enjoying their hobby and releasing the tensions of the outside world," said Sparling, who has been department co-ordinator for 10 years.

Sparling said the instructors have to change gears from teaching the full-time students to teaching the on-ed students.

"These people are hobbyists," said Sparling. "Their most important things are safety, quality and relaxation, not going to work in the trade."

There are five woodworking teachers, most of whom are graduates of the Conestoga program.

The woodworking department includes a full-time course and four on-ed courses: introduction to woodworking, finish carpentry and cabinet making, furniture refinishing and woodworking alumni shop. Instructor Mark Evers, 30, teaches introduction to woodworking on Monday nights, and his course has four projects geared toward people without experience.

"Each project introduces different elements," said Evers. "If students take a couple of courses, they can learn different things in one course that they might not experience in another."

Students do a pedestal table, a dressing mirror with drawers, a corner cabinet with doors and a console table with four tapered legs.

Graduate and instructor Keith Randall, 54, started volunteering in the shop to help students with their projects and make sure they are using the machinery properly.

Now he teaches the introductory class, six nights a week, about the tools they can use at home.

Randall said the students learn how to use a lathe, jointer, planer, and routers, routers and table saws.

"It's the new students that you have to watch a bit more," said Randall. "But most of them come back to take other courses and know what they are doing."

The department allows secondary carpentry students to help out the con-ed students in the evening and on weekends.

Sparling said the integration takes the curiosity and fear out of woodworking.

"Once the students in the introduction course become experienced hobbyists, they begin to take the other courses," said Sparling, who is Conestoga's representative on the Ontario Chapter, Architectural Woodworking Manufacturers Association of Canada.

In the shop, there is a mix of new students and return students, some of whom have taken 10 courses.

Instructor Jason Doering, 30, teaches finish carpentry and cabinet making on Friday and Saturday

nights and said every student takes the course for different reasons.

"They are the customer and whatever they want to know we try to teach," said Doering. "Some are more interested in the machines, so they can do it at home. Others want to get out of the house."

But Doering said they all come to make their own project and it might be anything from an AV cabinet to a bar, beds or birdhouses.

**"These people are enjoying their hobby and releasing the tensions of the outside world."**

*Al Sparling,  
continuing education  
co-ordinator*

"Not everybody finishes and we try to tell the students that up front," said Doring, who has been teaching for seven years. "If they don't finish their project then they come back the next semester."

Student Monica Vandenberg, 37, is making a kitchen island for her project in the finish carpentry and cabinet making course.

Vandenberg is a massage therapist who does not want to open a business, but would like to be more familiar with putting together a piece of furniture and the proper use of tools.

"I measured the space in my home to see what dimensions I needed," said Vandenberg, who is making a pine-body island with a cherry top. "Then I mapped it out and checked with one of the helpers to see that I had the right dimensions."

Sparling said Vandenberg's island

will be a focal point in the kitchen and that accuracy and esthetic appeal will be important.

However, Sparling said students don't worry about the concerns in their life when they are in the shop.

"A lot of them come Friday nights to do something different because they have really high-pressure jobs during the week," said Sparling, who is a graduate of Conestoga's program and holds an industrial woodworking certificate. "We have airline pilots, doctors, accountants and housewives."

Student Ben Ho, 47, took a boat building course in May and is now studying at Conestoga to make something out of the ordinary.

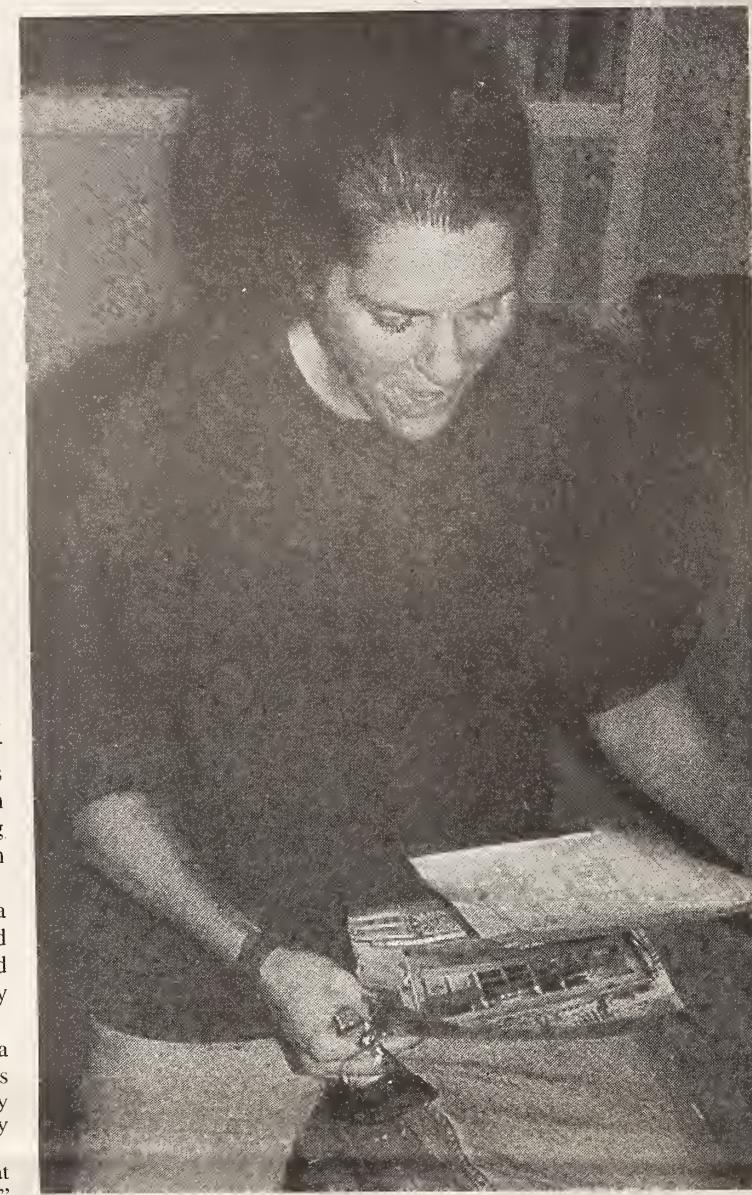
Ho said the chair on his sailboat is uncomfortable so he's building a folding chair so he can go on longer sailing trips without getting tired.

"There's a particular style and shape that I want to have," said Ho. "I don't want to have a plain chair that I could buy anywhere. It's going to have a lot of curves, which are difficult to do and something that I have not been able to do in the past."

Ho is a product manager for a computer company in Waterloo and is hoping to get experience and skills that are different from his day job.

Sparling said Ho's project is a difficult one because a chair has many symmetrical parts, many cuts and, in this case, many curves.

"We are going to make sure that he does it in a fashion that is safe," said Sparling. "If need be, we will make the necessary cuts, which we don't like to do because we want as much of the project to be done by the students."



(Photo by Desiree Finhert)

Woodworking student Monica Vandenberg, 37, compares her blueprints with a magazine picture during the finish carpentry and cabinet making continuing education course at the college Oct. 3.

## OVERCOMING PUBLIC SPEAKING ANXIETY GROUP

- Are you anxious about public speaking?
- Avoid doing speeches at all costs?
- Accept a "0" in the public speaking part of a course rather than make the speech?
- This 4 session group will begin the week of October 27<sup>th</sup>
- Meeting times to be determined from students' timetables
- Facilitator - Shawna Bernard
- To register, bring a copy of your timetable to Student Services, Room 2B04 by Wednesday, October 22<sup>nd</sup>





# CONESTOGA STUDENTS INC.



**Board of Directors Election**  
**October 20th - Sanctuary - all day**



# Top dining choices near Conestoga

By JENNIFER ORNSTON

Are you tired of eating cafeteria food yet? If so, there are several excellent restaurants near the school.

Plus, there are lots of options that fit into a college student's budget.

Country Boy is the number one restaurant in the area in terms of quality and value.

This restaurant offers a home-style meal where everything is included, said Terry Voulcaridis, owner of Country Boy.

"We have everything it takes to be a good restaurant: good service, good food and good prices," he said.

The best meal is the \$3.49 breakfast special; it includes two eggs, home fries, bacon or ham or sausage or Polish sausage and toast.

The breakfast comes with fresh eggs, homemade fries and plenty of everything, including a whole pot of coffee, said Voulcaridis.

"You can't beat it," he said.

Country Boy is at 5 Manitou Dr. Early risers will be happy to know that it opens at 6:30 a.m. and closes at 9 p.m. Monday through Saturday.

If you are looking for the best chicken fingers in town, look no further than Jack Astor's Bar and Grill.

"The best joint in town" has a large selection of food, with everything from burgers to fajitas to pasta.

The Parmesan chicken bow ties is the best meal for value and taste, said Simon Evans, general manager of the Kitchener location.

The meal consists of grilled chicken with Asiago and Parmesan cheese and creamy sun-dried tomato cheese sauce over pasta. It comes with unlimited pan bread and house salad, said Evans.

**"We have everything it takes to be a good restaurant: good service, good food and good prices."**

*Terry Voulcaridis,  
owner, Country Boy*

"The reason Jack Astor's is so popular is that it is a casual and fun place to be," said Evans.

The restaurant's outgoing staff and busy décor indicate Evans is right.

Jack Astor's is located off Fairway Road, at 509 Wilson St.

Williams Coffee Pub is another great casual dining option in the area.

Although you have to wait in line to order, the food is worth the wait and a server does deliver it to your table.

In addition to their well-known coffee blends, the menu has a wide variety of tasty food choices.

The Williams baguette sandwiches are excellent, but the golden Belgian waffles are even better. They come with ice cream and a choice of sauces, real whipped cream and icing sugar.

The closest Williams Coffee Pub to Conestoga College is at 340 Fairway Rd.

Moose Winooski's is a favoured

restaurant by students because of its relaxed atmosphere and awesome food, said restaurant host Tammy Shantz.

The most popular meal at Moose Winooski's is definitely the Buffalo chicken fingers, she said. They cost \$10.99 and come with fries.

"But if you want value for your dollar, go for the club salad. It is enormous and only \$9.47," said Shantz. "It is so big I end up eating it for three meals, so really it only comes out to around \$3 per meal."

It is possible to plan a whole afternoon or evening trip around Moose Winooski's.

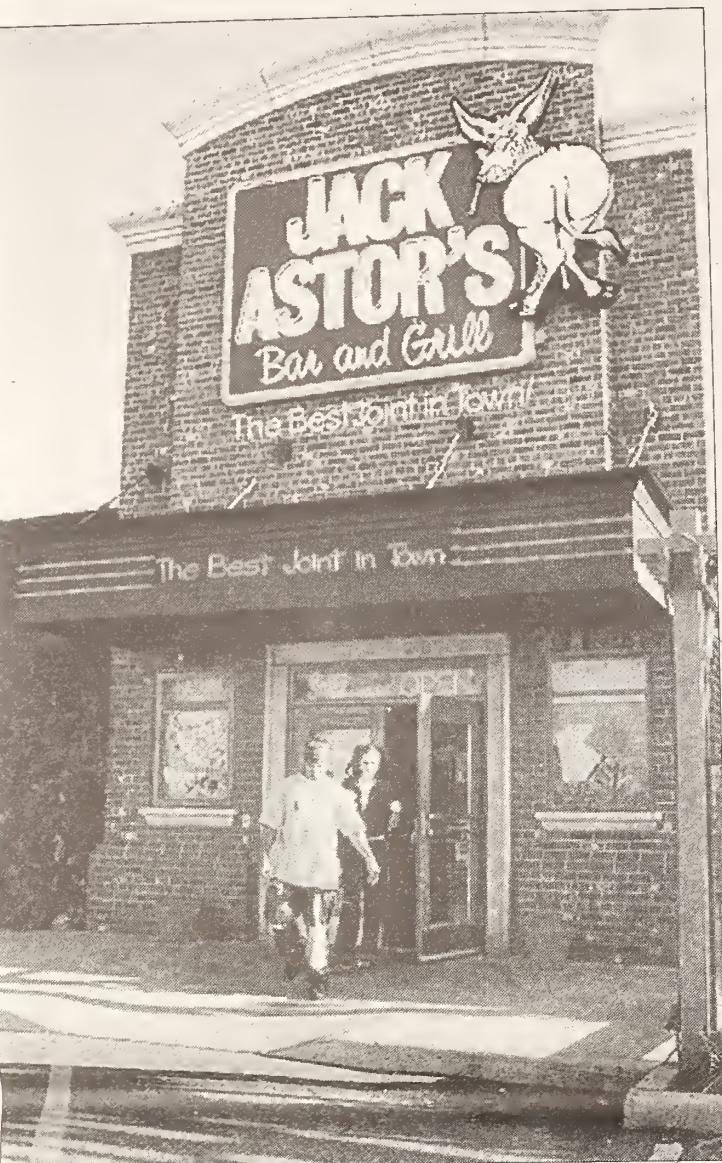
If you don't have much time or money, McDonald's is the best choice. In addition to being located right across the street from school, the price is right.

**It is possible to plan a whole afternoon or evening trip around Moose Winooski's.**

On McDeal Days, which feature a different combo each day, the cost of a combo is reduced to only \$3.99.

On regular days you can get a hamburger for only \$1.25, although since they are small you may want two.

The popular Big Mac, McCheese and Quarter Pounder are all \$5.19.



(Photo by Jennifer Ormston)

Jack Astor's, at 509 Wilson Rd., is a perfect place for students to dine with its great tasting and affordable food.

## Pita Pit now offering a special deal for students

### Healthy, affordable meals now come with free delivery on Mondays

By AIMEE WILSON

Don't feel like cooking? Have a student ID?

Starting Oct. 20, Pita Pit on Fairway Road will have an offer specifically for students in the Kitchener-Waterloo area who are looking for a nutritious, affordable meal.

Students at Conestoga Residence and Conference Centre will be able to get free delivery every Monday from 6 to 9 p.m. until Dec. 15.

Also, students can already present a valid student ID card any Tuesday and receive a 15 per cent discount on any regular-priced pita or salad.

About a month ago, owner Bobby Tavares, along with part-

ner Nick Faclaris and employee Maurie Ramalho, a Conestoga student, came up with the idea of catering their next offer to students and providing free delivery to the residence.

"We like to keep the students happy," said Tavares.

According to Ramalho, students are their most popular customers.

"Students are on a budget, so why not offer them a discount and free delivery?" said Ramalho, who is a first-year office administrative executive student.

According to Tavares, they haven't received a lot of business from the residence in the past and would like to attract more customers.

"We're trying to promote it and bring everybody in," he said.

Wondering what to order?

The healthy eatery offers a wide variety to fill its famous stuffed pita bread ranging from Philly steak to vegetarian options such as falafel and hummus. Tavares and Faclaris say Pita Pit is an alternative to fast food.

This Pita Pit establishment opened about a year ago and this is the first time it has made an offer aimed at students.

This is also the only Pita Pit in the Kitchener-Waterloo area that has this particular special available.

It costs \$5.89 for a delivery so students would be saving the cost of a regular pita.

As the slogan goes "We're fresh thinking and healthy eating," said Ramalho, adding, "Your mom would want you to eat here."



*(Photo by Aimee Wilson)*  
Maurie Ramalho, a Pita Pit employee and student at Conestoga College, helps advertise the free delivery offer to Conestoga Residence and Conference Centre now running every Monday.

**McDeal**



**Make every day your favourite day of the week.**

McDeals™  
every day  
of the week.

**\$1.69**  
PLUS TAX

**MONDAY**  
Big Xtra®

**TUESDAY**  
Big Mac®

**WEDNESDAY**  
McChicken®

**THURSDAY**  
2 Cheeseburgers

**FRIDAY**  
Filet-O-Fish®

**SATURDAY**  
Double  
Cheeseburger

**SUNDAY**  
Quarter Pounder®  
with cheese

# - Notice -

Wet ~ Dry Cards  
are available at the  
CSI office.

If you don't have one - Get one!!  
in the  
- Sanctuary -

WET & DRY Card

I'm legal to  
drink in the  
Sanctuary

CONESTOGA  
STUDENTS INC.

CONESTOGA  
STUDENTS INC.

# More than just a drag queen

By BLAKE GALL

In 1995 Kitchener was a dull city without a female impersonator to liven up the bar scene when suddenly from the darkness emerged a man calling himself Miss Drew.

Brad Hamacher, now 26, was only 18 when his friends dared him to enter a drag queen competition at a bar in Hamilton. Hamacher agreed and managed to win.

"Female impersonators add a different element to a night out at a bar and I enjoyed being that element," Hamacher explained.

Suddenly he was receiving support from various people within the gay community in Kitchener to continue performing in the area.

"Most female impersonators have hard, tough names but Drew is a little softer, like me," he joked, and Miss Drew was born.

Drew was the first drag queen in Kitchener, but currently there are 17 in the region.

At the age of 18 Hamacher came out to his family, revealing his homosexuality. He confided that it wasn't a positive experience for his family but he continued to live his life as he wanted. He found his way to Club Renaissance in downtown Kitchener where a new family that supported his lifestyle and his female counterpart welcomed him.

After graduating from Forest Heights secondary school, Hamacher attended Gina's School of Aesthetics in Waterloo where he learned the art of makeup. Then he moved on to study at Voila in Kitchener where he learned to style hair.

These abilities came in handy when transforming himself from a handsome young man into a beautiful and believable woman.

"I consider myself pretty self-motivated so it's important for me to be able to do my makeup and style my own wigs," Hamacher said.

He has managed to turn his love of entertainment into a career, performing weekly at Club Renaissance in the show Miss Drew and Crew as well as traveling around North America doing paid performances and endless charity work.

As Miss Drew he has helped raise money and brought laughter to Toronto's Sick Children's Hospital.

"That's my favourite charity because the children are more accepting and don't care that we are a bunch of gay men dressed as women performing for them.

They just have fun watching us," Hamacher said with a twinkle in his eye.

**"I consider myself pretty self-motivated so it's important for me to be able to do my makeup and style my own wigs."**

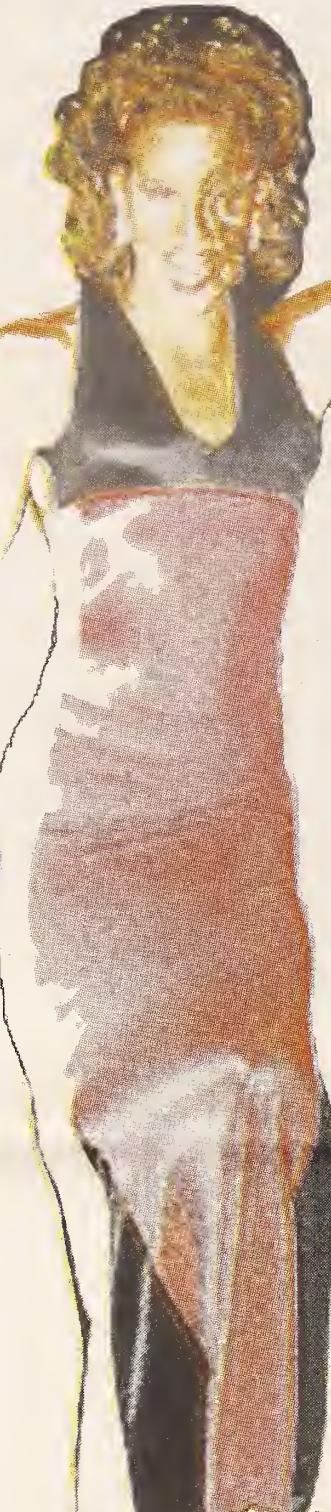
*Brad Hamacher,  
female impersonator*

He also enjoys helping raise money for the organization AIDS Committee of Cambridge Kitchener Waterloo and Area (ACCKWA) because it brings money into the community.

"I love to entertain and when I do a show, I like when people are smiling and laughing," he explained.

Through years of performing he has met many people within the community, watched other female impersonators step on stage for the first time, then watched them bring down the house a few months later with a little practice and a lot of heart.

"Watching the other impersonators grow on stage and develop



their own styles is really exciting for me," he said.

"I think of this as an acting job. Acting is my passion and this allows me to do that, have a great time and get paid for it."

Hamacher said he can trans-

form himself into Miss Drew in as little as five minutes if he wants but it usually takes about an hour.

"My motto is 'If in doubt, white it out,'" he joked.

That's his technique for improving what he thinks of as a wide nose and softening his features to make them look more feminine.

Standing 5 feet 11 inches tall and weighing 145 pounds, Hamacher is quite thin. He said his figure has never been an issue for him, so he's been blessed in that department.

**"We (female impersonators) are a minority within a minority."**

*Hamacher*

He also takes the time to glue on his rhinestone earrings to keep them secure while performing and putting duct tape on his chest to squeeze the skin to achieve a little natural cleavage. For breasts he uses nylons with rice in them. One cup per breast for Miss Drew but as much as four cups each when performing as Dolly Parton.

"My favourite part of my face to paint is my eyes and I never see Drew until I put my eyelashes on."

In total he spends about \$100 a month on makeup alone. He owns 300 to 400 dresses that come from various places. Seventy per cent he makes himself and he pointed out that he loves to buy pieces he can alter to make them look better.

"The first thing people look at when I come on stage is what I'm wearing, so I like to incorporate a new outfit into every show and I like to change outfits a lot throughout the night," he said.

In addition, Hamacher owns 30 wigs and six or seven pairs of shoes. All of these elements come together to create the many looks of Miss Drew.

But the life of a drag queen isn't all glitz and glamour. Life as a homosexual can be hard enough at times so being a female impersonator just adds another level of difficulty to his struggle.

"We (female impersonators) are a minority within a minority," Hamacher explained. He said he likes to pass that message on to other drag queens to inspire them to do their best every time they per-

form and remind them how strong each and every one of them is.

He explained that although people enjoy hanging out with Brad and think he's a great guy, they couldn't always look past his lifestyle as a drag queen. He finds it especially hard to find a boyfriend because having Miss Drew as part of their relationship often bothers them.

"It's just an acting job," he exclaimed.

"I know there are people out there who enjoy watching me do what I do so I can't let the catty people get me down."

He said his family had a hard time accepting his lifestyle, but today his mother is his biggest fan and even his grandmother comes out to shows and helps him create some of his outfits. Most drag queens don't receive support from their families so he considers himself lucky.

Like being an actor, he pointed out the difficulty of always having to be funny and entertaining when he is on stage. It's his job to make sure everyone at his shows has a good time and wants to come back.

He has had embarrassing moments on stage too. One in particular that made him laugh was when he fell twice during a performance of *Total Eclipse of the Heart*. But as in life, he got back up and went on with the show.

Sometimes the element of competition gets to him, he said. He prefers to do shows that are purely for fun, which is why charity work is such a big part of his career.

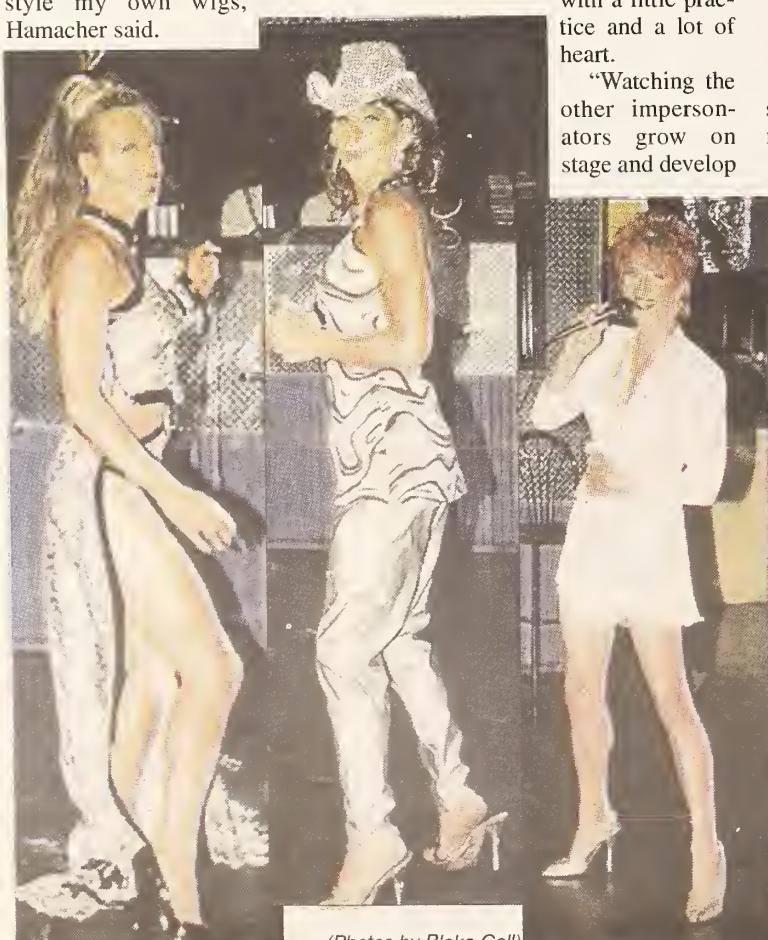
"What other way can you make money for a good cause without always donating?" he asked, then answered with, "By bringing a lively and unique performance to the event."

If he quit doing drag tomorrow, the thing he wouldn't miss is ignorance. He said he wishes people could understand it is just a part of his life but doesn't define the person he is. However, Miss Drew is too important to give up that easily.

Eventually Hamacher would like to take a business course and open his own spa in the area.

"In five years less of my life will be devoted to drag, Miss Drew will be put on the backburner but she'll always be a part of me."

Until then she can be seen every Thursday night in Miss Drew and Crew at Club Renaissance at 24 Charles St. W. in downtown Kitchener.



(Photos by Blake Gall)

Brad Hamacher performs as Miss Drew, the character he created, (left) but also enjoys impersonating Shania Twain (centre) and Reba McEntire (right). But he always returns to Miss Drew (right).



(Photo by Blake Gall)

Hamacher can transform into Miss Drew in as little as five minutes if he wants to. However, he usually spends an hour getting ready for a show.

# Door-to-door lunch with a smile

*Meals on Wheels offers a self-fulfilling volunteer experience for all ages*

BY VALENTINA RAPORT

The best part about being a volunteer is bringing a smile to a lonely face.

"It may seem as not being a cool thing to do," said Meals on Wheels executive director Joanne Klausnitzer when asked why many young people don't volunteer.

Klausnitzer, who has worked at the program for 16 years, said students don't often volunteer at the program because of school schedules and lack of transportation.

"We deliver during the lunch hour and for many students it's an inconvenient time."

Meals on Wheels has delivered nutritious meals and friendly interaction to community members who are unable to cook for themselves for the past 28 years. The program runs Monday through Friday with the help of 193 volunteers made up of mostly retired or shift-working individuals.

**"Volunteering sends a message to the community that you (students) do care about seniors."**

*Joanne Klausnitzer,  
Meals on Wheels executive  
director*

"Volunteering sends a message to the community that you (students) do care about seniors," she said.

Klausnitzer said she hopes current discussions to get universities and colleges involved in fundraising for the program will get more students involved in the program.

"Seniors like to see young people come (deliver their meals),



*(Photo by Valentina Rapoport)*

Guenther, 67, and Anne Sprenger, 64, pack lunches ready to be delivered to Kitchener-Waterloo residents into their van. The couple has volunteered at the program for 1 1/2 years.

they like to offer life advice and it also brings a great big smile to their faces," she said.

The program currently delivers to 21 routes across the Kitchener-Waterloo area, delivering between 180 to 240 meals each day. To date the program has delivered more than one million meals.

"We could not function without our volunteers," said Meals on Wheels co-ordinator of programs and volunteers Dipali Batabyal. "These people (volunteers) are amazing...they are just incredible."

Batabyal, who has worked at the

program for nine months, said Meals on Wheels is a very important service to the community because it helps those in need maintain the quality of life they may not be able to provide for themselves.

"It's important because it helps people remain living at home and also save costs of going to retirement homes," she said. The program also provides reassurance for family members who, because of busy work schedules, are unable to visit their senior relatives as often as they would like to, she said.

"They know we would contact them if there were any concerns (with the family member)."

Volunteering for Meals on Wheels consists of choosing what day(s) individuals have the time to spend during the lunch hour to deliver meals.

Volunteers meet at the office at 40 Shirley Ave. in Kitchener and are given their route number and meals to deliver for the day. Each meal is specially packaged to keep meals warm. Volunteers have up to 90 minutes to deliver all the meals and are also reimbursed for their mileage.

"Volunteers must have their own transportation as well as a clean driving record," said Batabyal, outlining the only qualifications that have to be met by volunteers.

"Everything here is done in an efficient manner in order to provide the safest service to our clients."

Wilf Linder, 84, who has been a volunteer at the program for 18 years, said he does it because he likes helping those who can't cook for themselves.

"You have no idea how many people wouldn't be able to get nutritious meals (if it weren't for the program)," he said. Linder, who used to work for Schneider's and is now retired, says he has always made the time to fit volunteer services into his life no matter how busy it gets.

Homer Langford, 78, is also a volunteer and keeps a record of all the meals he has delivered. "To this day I have made 566 delivery trips," he said.

Having been a volunteer for the past 15 years, he said the experience not only lets him catch up on his exercise but makes him feel good to know he is helping others.

Anne, 64, and Guenther Sprenger, 67, have both been volunteering for 1 1/2 years at the program.

"We do it because we can and we like helping out others," said Anne. "You get to know them (the individuals they deliver to) and most of all you help get healthy meals out to them," added Guenther.

Funding for the program is provided through the Ministry of Health Long Term Care Division and through the board of directors fundraisers. Over the years the program has had partnerships with different food providers and is now partners with Bingeman's Catering Services.

In regard to having students volunteer more often, Klausnitzer said she hoped when volunteer hours became part of high school requirements more students would become involved.

"Students should see what kind of impact they have on their (the program's clients') lives."

She said volunteer positions at the program are advertised through newspaper ads, volunteer action centre fairs and most of all through word of mouth.

The program, which consists of five employees at the Kitchener centre, created a new award after its 25th anniversary in 1999. The Heart of Gold honours individuals who have volunteered at the program for 25 years.



*(Photo by Valentina Rapoport)*



*(Photo by Valentina Rapoport)*

Bingeman's Food Services staff pack all the meals delivered to clients before noon from Monday to Friday. Many of the lunches require special attention as different clients require different diets.

Program and volunteer co-ordinator Dipali Batabyal stands with one of the specially designed packages used to keep the delivered meals warm.

# Students struggle with procrastination

By KRISTEN McMURPHY

"I procrastinate like there's no tomorrow," admits April Reid, 19, a second-year nursing student at Conestoga College.

Most students can relate to that.

You come home from a long day of classes, and the last thing you want to do is dive into your homework.

You know your assignments are piling up.

You know that eventually you will have to get them done. So why are you putting them off?

Procrastination is something that many students constantly struggle with.



Reid

In a world filled with digital organizers, palm pilots and all kinds of electrical gadgets, there should be no excuses for leaving projects and assignments until the last minute.

But no matter how many "to do" lists you make, and no matter how many places you write down your assignments and their due dates, you will likely, at some point in your school career, be kicking yourself for pulling another all-nighter to get the work done.

Carly Shepherd, 19, a second-year marketing student at Conestoga, says she delays completing her homework because she would rather go out.



Walsh



Herriot

"My social life comes before studying," she says. Kellie Walsh, 19, a first-year advertising student at the college, says she procrastinates because she always thinks she has better things to do than assignments and studying.

She admits that it always catches up with her in the end.

Some students blame their procrastinating tendencies on how they're feeling. Second-year accounting student Dave Herriot, 20, says he has to be in the right mood to do work. "Sometimes I am, sometimes I'm not," he says.

"I never feel like doing work when I know I should be," says Kristen Heliak, 20, a second-year marketing student. "I feel like



Heliak

I work better under stress."

Heliak also says sometimes she procrastinates when she has more exciting things to do. "A lot of the time I don't have better things to do, though, and I just end up watching television or something," she adds.

According to a pamphlet written by a counseling centre at the University of Illinois, students can learn to overcome this issue by pinpointing the reasons they procrastinate.

It outlines a few common areas students struggle with, such as inability to handle certain tasks and perfectionism.

In reality, the main reason for procrastination is lack of ambi-

tion. Who wants to dive into a pile of assignments after a long, tiring day of classes?

Especially when there are more important things to do. Like going out to the bar or fooling around on the Internet for hours at a time.

The only way to overcome procrastination is to force yourself to stop doing it.

Who knows—maybe you'll feel better if you get a project done early. If you've never finished a project a week ahead of schedule, you're a procrastinator.

Conestoga College offers one-on-one counseling for procrastination, says Joy Tomasevic, learning skills adviser.

Workshops held in the past are no longer held because of lack of interest, but struggling procrastinators can get help by booking appointments with student services.



(Photo by Michelle Taylor)

## Falling for the season

Temperatures climbed to the high 20s during the week of Oct. 6 to 13. Despite the warm temperatures, leaves continue to change colour with the arrival of autumn.

## Physical Activity How much? How often?



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[www.paguide.com](http://www.paguide.com)

Physical Activity Guide

to Healthy Active Living

**Eat right  
Exercise too  
Ask your doctor  
YOU**



[www.participation.com](http://www.participation.com)

## Couch potatoes? French fries? IT ALL ADDS UP!

**C**ouch potatoes, not French fries, may be to blame for obesity. That was the catchy title of a recent article exploring the many factors involved in effective weight management.

We have long blamed improper diets for creeping weight gain. More a proper body weight, but active living is crucial, too. In fact, they are a dynamic duo.

The rate of obesity in children, teens and young adults is on the rise. With an increased intake of "fast and junk foods" combined with sedentary lives as a result of TV, computers and video games, generation "X" is quickly becoming generation "XL".

"Balance and moderation are what we need," suggests Judy Toews, a registered dietitian and author of a book on raising "weight-wise" kids. Toews notes, "Nothing we eat is absolutely perfect or entirely bad. It's simplistic to claim some foods are good for us, while others are 'junk.'"

All foods can fit into a healthy diet, but some foods must be eaten in moderation. Making small changes in your lifestyle can make a big difference in helping you reach your weight loss goals. Here are some ideas to help get you started:

In a journal, record everything that you eat and drink for the next 3 days. Be sure to include what you eat, how much and the time you eat. After the 3 days ask yourself the following questions

- 1 How often were you active?
- 2 How long did you do each activity?
- 3 Did you enjoy what you were doing?

- 4 How many "other" foods did you eat (those high in sugar, fat or alcohol)?
- 5 How frequently are you eating?
- 6 Were you really hungry or did you eat for other reasons (just because the food was there, you were out with your friends)?

Losing weight and keeping it off can be challenging. The key to successful weight loss and maintenance is a combination of following a low calorie, low fat diet and being physically active for 30-60 minutes per day. To make the necessary changes, begin by setting reasonable and specific goals. Monitor your progress to measure that the goals you set are reasonable, realistic and attainable.

Establishing healthy habits at an early age is essential. As the old adage says, "When it comes to bodies, there's only one per customer."

Your family doctor, a registered educator or community fitness specialist can provide more helpful information.

# Student spreads optimism

## College now has student Optimist Club

By AIMEE WILSON

A Conestoga student is not only spreading his optimism around campus, but is also putting a smile on faces outside the country.

Marc Brendemuehl, 20, a general business student, has started the first college Optimist Club in Ontario whose main project is to collect used baseball equipment for children in the Dominican Republic and other Caribbean countries.

This British Columbia native, now a resident of Kitchener, travels to the Dominican Republic each year. On his visits, he has witnessed the shortage of supplies the country has. According to

Brendemuehl, club president, the top three demands in the Dominican are used sports equipment, school supplies and medical equipment such as wheelchairs and crutches.

From seeing the unfortunate lifestyles, particularly of the children, Brendemuehl wanted to start a charitable organization that would be beneficial.

After attending a club day at the Sanctuary earlier this school year, he got the idea of starting an Optimist Club at the college. With the help of Keith Holden, the new building chair in this district, and Chris Renner, president-elect, Brendemuehl's ambitions were put into action. A week later this confident student was making his

way around the halls and recruiting people to join.

"The whole point of this club is to build an environment in which students at Conestoga can express their will to help out humanity, make new friends and feel good about themselves."

According to Renner, second-year financial planner student, the club will give people a better perspective on the community and build the spirit.

"It's an excellent way to network with individuals while at the same time helping the community and interacting with individuals you see on a day-to-day basis," said Renner.

The club was officially started Sept. 28 at the Eastside Optimist Club in Kitchener.

With already approximately 55 student members from the college, Brendemuehl has a good feeling about the organization's success.

"I think they could do a lot of good things internationally and community-wide. It's one of the first (Optimist) clubs for youth and I wanted to be a part of that," said Amanda Doroslovac, 20, second-year recreation and leisure student, adding, "It also looks good on a resume."

At an Optimist meeting Oct. 8 in the Sanctuary, Brendemuehl told his fellow members about his last visit to the Dominican when he brought with him more than 30 baseballs and gloves along with 400 pencils and 15 notebooks to be

**"The whole point of this club is to build an environment in which students at Conestoga can express their will to help out humanity, make new friends and feel good about themselves."**

*Marc Brendemuehl,  
Optimist Club president*



(Contributed photo)

Marc Brendemuehl, 20, president of the Conestoga College Optimist Club, gives a child in the Dominican Republic a baseball and glove. The club is the first college-based Optimist Club in Ontario.

used in the classrooms.

He also told a touching story about a particular day on one of his visits when he was sitting on the beach and a little boy came up to him and offered to shine his shoes for some money. After telling the boy to stay put, Brendemuehl returned and handed him a baseball and glove.

"I gave this kid a baseball and glove and he didn't even have shoes on," said Brendemuehl, demonstrating the dire need some of the children are in.

According to the motivated student, most of the workers only make up to \$10 Canadian in a 12-hour work day.

According to Holden, the children use cardboard as baseball gloves. "What we look at as garbage, kids down there look at as gold," said Holden.

"We're really lucky," Brendemuehl said about Canada, adding, "This is the land of opportunity. I'm dedicated to giving my life back."

Each new Optimist Club is required to pay a start-up fee of \$450. A fellow Optimist organization called the Wilmot Ladies Club decided to donate the money and sponsor them.

"The potential here is unbelievable," said Linda Fewkes, presi-

dent of Wilmot Ladies Optimist Club, adding, "Marc's going to do a great job. His heart is into making this successful and he will do it."

**"It's an excellent way to network with individuals while at the same time helping the community and interacting with individuals you see on a day-to-day basis."**

*Chris Renner,  
president-elect.*

Other Optimist Clubs own property where they can hold meetings and events. Because this particular club is college-based, Brendemuehl is interested in working along with Conestoga Students Incorporated (CSI).

"All the things we need are already here," he said. "I wanted to create a positive environment where people can have fun, help the community and grow as people."

Students are encouraged to drop off their used baseball equipment to the Sanctuary where it will be held until Brendemuehl returns to

the Dominican. His goal is to bring with him one tonne in time for Christmas.

Brendemuehl says the club isn't bound to the college. Anyone from the area can join. Faculty are also encouraged to join.

"This will be one amazing club," said Fewkes, adding, "He said he wants 100 members by Christmas and I think he'll do it."

This optimistic student has had a lot of experience in helping communities and getting people involved. In high school, he was not only the captain of the basketball team, he also marketed and promoted independent music artists.

He also used to fix basketball courts in the area. "A lot of the courts in this city are run-down," he said.

Renner, incoming president for next year, also volunteers his time at the Marillac Place, a shelter for women with children. Renner has assisted his dad with construction of the home.

Conestoga's current Optimist Club will continue to run until Oct. 1 of next year when the new club will begin.

"Hopefully we're starting a legacy," said Brendemuehl, adding, "It's going to build on the reputation of the college."



(Photo by Aimee Wilson)

(Left) Marc Brendemuehl, club president, and Chris Renner, president-elect, encourage members, students and faculty of Conestoga College to bring in used baseball equipment to the Sanctuary for kids in the Dominican Republic.

# New additions revamp the downtown

*The Kitchener Theatre Company and Children's Museum may help revive the city's core*

By JEFF HEUCHERT

Kitchener's downtown is not what it used to be, and hasn't been for quite some time.

The city has done as much as possible to try to revitalize what was once the focal point of the city, but many problems still remain for those shops in the downtown core.

Since the mid-'90s the city has put \$80 million into the downtown core, but only recently has it taken a more aggressive push to rebuild the downtown.

In 2002, the city attracted the Kitchener Theatre and Company to move into a new location on King Street directly in the downtown core.

This year, the Waterloo Regional Children's Museum opened, also in the heart of the downtown. The city provided \$1.5 million to help build the museum.

Yet, even with these additions to the core, for many shops in downtown Kitchener, business is struggling.

Owner of Petsche's Shoes Anita Petsche-Good said it hasn't been a good year. She attributes this to the loss of retail business over the years, which she calls disturbing.

She said the fire in 2000 that left five businesses without a building permanently affected her.

"Many stores left forever and we feel that loss."

Petsche-Good said people used to look at clothing at the Gown House, which was burnt down in the fire, and then come over and look at shoes in her store.

"It's that kind of spin-off business that hasn't been happening like it should," she said.

Petsche's Shoes has been in downtown Kitchener for 50 years, and at its current location for more than nine years.

Petsche-Good said she doesn't have the walk-by traffic that takes place from people coming downtown for specific reasons.

Other businesses are in the same situation.

Managers of the Café Juice Bar Kathy Frey and Della Baczyk



(Photo by Jeff Heuchert)

Petsche's shoes on King Street has been a part of downtown Kitchener for 50 years and has been at this location for the past nine years.

both said business is not good for them.

"It's been going down over the last year," said Frey.

They both blame many of their problems on larger issues such as Sept. 11, SARS and the blackout in August.

"After those events it just seems like people just wanted to stay at home with their families," said Baczyk.

The Café Juice Bar has been in downtown Kitchener for almost four years.

For some businesses in the downtown they aren't sure if the additions to the downtown have helped or not.

Mark Pettigrew, owner of the Casablanca Bookshop, said business has gone up immediately since moving to its new location on King Street six years ago.

He doesn't necessarily attribute his business improving to the new attractions, but rather on the fact that he has a bigger inventory at

the King Street location.

But Pettigrew does admit things could have been worse if the additions weren't built and said it's possible business could have gone down without them.

One store, though, does feel the additions have greatly helped.

Budd's clothing store manager Howie Budd said business has continued to go up since the mid-'90s.

"The city's doing the right thing," said Budd. "They're on the right track."

Budd's clothing has been in downtown Kitchener for more than 75 years.

The city is relying heavily on the new farmers' market to boost downtown business significantly.

The \$30 million market, which will open in 2004, will have two condominiums, indoor and outdoor markets, permanent retailers, an open square for more retailers, as well as an underground parking garage.

Many businesses downtown feel the new market was built too far from the actual downtown core.

Frey said the market wouldn't help the Juice Bar but only attract people from the east end, not the middle or the west.

Petsche-Good said the new market is kind of far away, but that it's a piece of puzzle that will make the downtown better for everyone.

"We need the centre block to be developed for us to be affected," she said.

Pettigrew is unsure if the market will help his business because it's four blocks away.

"We're hoping it will bring an influx of people who presently are not coming downtown."

Budd does expect the market to attract new people because it will be open seven days a week, not just on weekends as it now is.

The city is also considering moving the Kitchener Public Library's main branch from its Queen Street location to a new

building directly behind the Casablanca Bookshop.

In July, the city gave permission to the library board to plan a new facility.

Pettigrew is hoping a new bookstore behind him would help, but he's not sure.

So what has to be done to revitalize downtown Kitchener? Many business owners feel there's more to do than just add new businesses to the area. They also feel there are many more larger issues that have to be addressed.

Frey feels the city has to clean up the streets, not just build new shops. She said many kids hang out in front of her store and she watches other people cross the street just to avoid the crowds of teenagers.

Petsche-Good said the same thing, adding she knows older people who say they won't come downtown because they're afraid of them.

"Physically they feel threatened, even though they probably wouldn't be," she said.

Petsche-Good also said some of the individuals from the House of Friendship and the homeless don't always create a safe feeling for people.

Pettigrew adds, "It's not that it's unsafe to be downtown, it's that we're not creating a safe perception where you can walk your family here."

Pettigrew also feels parking is much too inconvenient downtown, and suggests making it more accessible and free, as at malls.

Good suggests the city should try to add more smaller, unique stores, as you would see in St. Jacobs.

"I expect we'll have to wait another three to five years before it gets better," said Good.

With the probable addition of a new library in a few years and the new market next year, the Kitchener downtown will survive for many years to come.

But a revitalization of the core may be impossible unless the city looks at the issues that concern business owners, before it loses them for good.

## COUNSELLOR'S CORNER: SELF-ESTEEM

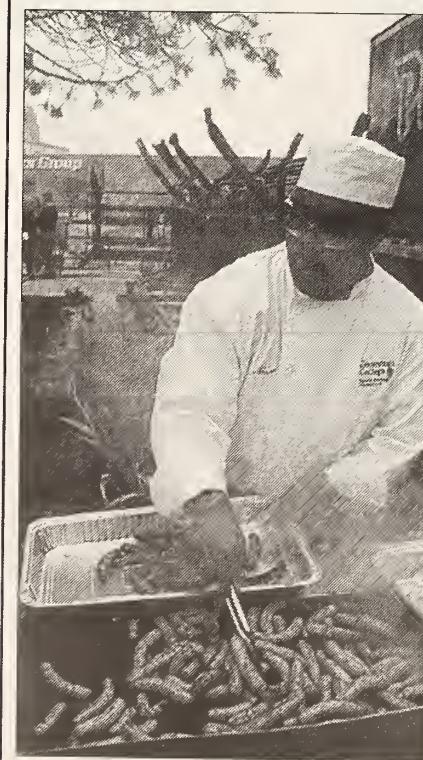
Talking about self-esteem, people use phrases like "She has high self-esteem" or "He has low self-esteem." I don't think anyone can be categorized that simply. We all have strengths and weaknesses and our attitude toward these affects our self-esteem. Reactions to low test marks vary from "I didn't do well on this test" to "I'm stupid."

How you regard your relationship skills, personality, job and school performance, body image or sexuality all impact on your self-esteem. This influences how you view opportunities and limitations. For example, do you avoid social situations fearing others won't like you? Do you avoid new experiences because you anticipate failure?

You can grow in self-esteem by developing confidence and strengths from within. Self-esteem doesn't change overnight. It builds slowly by taking care of yourself, developing support and intimacy, setting realistic goals and learning positive self-talk. The objective is to accept yourself and acknowledge your value as a human being.

You can read about self-esteem or talk to a counsellor in Student Services.

*A message from Student Services*



**Schnitzel served up**  
**Oktoberfest-style**

(Photo by Jason Middleton)  
Noel Robinson, 32, a second-year food and beverage management student, helps cook some of the 450 kilograms of sausage at the 22 annual Oktoberfest family breakfast. Thirty students from the food and beverage management program volunteered at the event. Some students showed up at 5 a.m. to help start cooking.

# Conestoga Christian Fellowship

Worship Night  
Wednesday Oct. 29th  
@ 7:00pm  
In the Sanctuary

Information  
[conestoga\\_christian\\_fellowship@hotmail.com](mailto:conestoga_christian_fellowship@hotmail.com)

**CONESTOGA  
STUDENTS INC.**

# Modern fairy tales with a twist

By HALLEY MCPOLIN

Ghost story versus horror story, myth versus reality, fact versus fiction ... that's what urban legends are all about.

Urban legends are stories that have been told for generations but equally have very little to no truth behind them. Some are, however, based loosely on fact, while others are taken straight out of the news. In all cases, these legends are told and retold, often as a warning to those who wish to avoid a similar fate as the habitual victim.

Most recently, urban legends have made their way into our modern-day medium of choice: the Internet.

We have all heard or passed along an urban legend at one time or another. It's close to impossible to avoid the e-mail variants, which come in the form of chain letters warning of some new strain of virus, good luck/love charms or donation requests for a sick child (insert random name and ailment here).

Most ghost stories are based on old urban legends and have evolved to fit whatever timeline the tale is being told in. Other urban legends are told specifically to target a certain group, such as big corporations like Disney and Coca-Cola or celebrity-based myths. In all cases, the stories in question tend to be so compelling one cannot help but pass along the (frequently misguided) information to a friend, thus the cycle of the urban myth continues.

E-mail legends are becoming so frequent they are now referred to as spam — garbage e-mail created only to junk up a person's inbox. One of the most common e-mail hoaxes revolves around a missing or sick child. The letter will open with a mournful description of the

situation and plea to either look out for the child, send in a donation (strangely, there usually accompanies a false address, if any at all) or asks for prayers on behalf of the child and family. Sometimes the circumstances are real, or at least were at some point, but by the time the e-mail reaches a mass audience the story is old news.

Other popular e-mail chain letters include boycotts and petitions. Most of us remember the many petitions that were passed around protesting the war in Iraq. Chances that this petition reached anyone of any importance are unlikely, yet thousands put their name to it.

False threats of losing certain free services, such as rumours of MSN, AOL or Yahoo! charging for instant messaging, have also prompted many e-mail protests.

One of the most obvious stunts is the promise of something for nothing. Free gift certificates, services or even money have been offered by everyone from Bill Gates to Starbucks coffee, just for passing along an e-mail.

Granted, sometimes these rumours are true, such as when KFC (in participating stores in the U.S.) offered free popcorn chicken on June 20, 2002 between 11 a.m. and 2 p.m., or when participating Baskin-Robbins ice-cream outlets offered a "free scoop night" earlier this year. Most of the time, however, the only thing free about these notices is the advertising.

Disturbingly, another common trend is the e-mail scam: sent from a false source — often a bank or credit card company — requesting payment, credit card information or some other personal data. Most Internet savvy individuals don't fall for these tricks, but those who are not as familiar with the Web can be duped out of money, passwords or even their identities.

The oldest form of the urban myth comes in the form of frightening tales passed along from generation to generation. For example, most of us have heard the warning of organ theft, usually affecting ill prepared tourists or businessmen in foreign countries who, naively trusting one of the natives (often a prostitute), wake up in a tub of ice only to find their kidneys missing.

**Urban legends involving organ theft prompted the Kidney Foundation to set up a hotline for anyone who may suspect personal kidney theft. There have been no complaints as of yet.**

According to Barbara and David P. Mikkelson, founders of [www.snopes.com](http://www.snopes.com) (one of the largest urban legends libraries on the Web) no cases involving kidney theft — or any other organ theft — have ever been reported in this manner. This particular legend was so compelling it prompted the Kidney Foundation to set up a hotline for anyone who may suspect personal kidney theft. As of yet, there have been no complaints.

Of course, one can't mention urban legends without the most popular tales: the killer's hook hanging from the car door, the babysitter receiving threatening phone calls from inside the house, baby spiders hatching from unsanitary hair conditions or from strange facial boils.

Even old ghost stories, such as chanting "Bloody Mary" in front of a mirror to summon a spirit, are considered urban legends. None of

these stories have been proven true, but it is surprising which ones are based in fact.

One legend tells of a tourist, or tourist couple, spending the night in a hotel room while dealing with a terrible smell they cannot identify. The next morning they take another look around only to discover they have spent the night in the company of a corpse embedded in the mattress.

According to Snopes, this is an event that has been reported more than once. In fact, there are several reports of similar occurrences dating from 1982 all the way to July of this year, when a man checked into a hotel in Kansas City and, after three days of enduring the horrible stench, cleaning staff discovered a decomposing body under the mattress. The stuff urban legends are made of.

Some fatalities are so bizarre or so ironic it is hard to believe they could ever be true.

One of the most up-to-date sources for true stories like this is [www.darwinawards.com](http://www.darwinawards.com), which "rewards" those people who "improve our gene pool by removing themselves from it." Top honours go to those who, by doing something remarkably foolish, wind up killing themselves accidentally.

As testament to our modern society, the fastest spreading and most commonly believed urban legends now involve popular companies and celebrities. Snopes has sectioned off pages dedicated entirely to "Cokelore," focusing on those stories revolving around Coca-Cola. These include disproving rumours that Coke invented the modern-day Santa Claus image or that eating Pop Rocks and drinking Coke can be fatal, and verifying the fact that, yes, Coca-Cola did in fact contain (very

small traces of) cocaine at one time.

Another significant amount of space on the site is dedicated to Disney, which is divided into three individual sections: theme parks, films, the Disney company and Walt himself. These pages look into popular rumours such as the letters S-E-X appearing in *The Lion King*, Aladdin urging teenagers to "take off their clothes" and the strange but mistaken belief that Walt Disney was put into cryonic storage after his death.

Celebrities are far from immune to rumour mill; in fact, they're usually thrown directly into the mix because of their popularity. These rumours are created to take away from the perfect image of the Hollywood star and expose the flaws underneath the surface, even if those judgments are unfair or cruel.

For example, Marilyn Monroe, recognized for her beauty and perfection, was falsely rumoured to have six toes on each foot. Jamie Lee Curtis is rumoured to be a hermaphrodite and '20s movie starlet, Clara Bow, known for being bolder and more defiant than woman were permitted to be at that time, supposedly participated in orgies with the entire USC football team.

And of course, who can forget the ongoing myth revolving around Richard Gere and one unlucky gerbil ... the details of which won't be mentioned here, except to say the story is pure fiction.

Urban legends can be used as educational tools, warnings and simply as a means to entertain. But if they exist to teach us anything, it's that stories will endure as long as humans are around to tell them ... just don't believe everything you hear.



**Your Hallowe'en Headquarters**



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In Kitchener at — 1348 Weber Street E., 894-0628  
 In Stratford at — 1032 Ontario Street, 273-1632  
 In Cambridge at — 52 Main Street, 620-9719



(Photo by Michelle Taylor)  
 A woman walks along the trails of Homer Watson Park at Mill Park Drive on Oct. 8. The temperature climbed to 27 C that day, but the leaves are still changing colour as fall arrives.

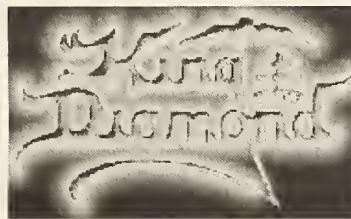
# King Diamond storms Toronto

By PETR CIHACEK

After an unbearably long three years, the legendary heavy metal band King Diamond is finally on its way to Canada again. Promoting its latest masterpiece, *The Puppet Master*, King Diamond is going to pull the fans' strings Nov. 4 at the Opera House in Toronto.

As usual, Toronto and Montreal, where the band performs Nov. 5, are the only stops on the band's North American tour. And it is unlikely that the fans who saw the amazing show King Diamond put on in Toronto's club Reverb in August 2000 will miss the opportunity to see it again.

Though more than 20 years older than many of his most devoted fans, the singer and leader of the band, Kim Bendix Petersen, a.k.a. King Diamond, stormed through Reverb with an unbelievable energy that left many of his teenage fans, who almost banged their heads off in the moshpit, exhausted.



The first minute of King Diamond's dark theatrical show the small downtown club started to fill up with a gloomy, mysterious atmosphere. Wearing deadly makeup and singing into a mike mounted on a cross made of two large bones, King Diamond easily immersed his fans into his mystic kingdom of darkness and insanity. During most of the songs, an actress performed on the stage, dressed up as Grandma when the band played songs from albums *Them* and *Conspiracy*, and walking around with a wolf's head on when songs from the *House of God* were played.

It was an unforgettable experience and King proved to his fans that he truly belongs on the heavy metal throne.

Now 47 years of age, the great Danish singer who now lives in Dallas, Tex., has not lost any of his energy and as he says, his new opus, *The Puppet Master*, which will be released Oct. 21 by Metal



(Photo by Petr Cihacek)  
King Diamond performs at the Opera House in Toronto Nov. 4 as part of his North American tour. His latest album, *The Puppet Master*, is in stores Oct. 21.

Blade Records, is as powerful and heavy as any other of his albums.

As always, fans can anticipate hearing King Diamond's astounding falsettos as well as his deep murmur. On the top of that, for the first time in the band's 18-year history, the album will also feature female backing vocals.

As on every album, the lyrics of *The Puppet Master* were written by King and compose a gruesome horror story. The tale of the album is set into 18th-century Budapest, Hungary and according to the author, the ghastly story will make the hairs stand up on the back of

the listeners' necks. And King has probably prepared a lot of new eerie acts for his shows that started Oct. 18 in Los Angeles as well.

The opening bands for the show are Swedish legend Entombed, Nocturne from Texas and Philadelphia's Single Bullet Theory. The show begins at 8 p.m. in the Opera House on 735 Queen St. E., near the intersection of Queen and Broadview Avenue and you can buy tickets at Ticketmaster for \$25.50.

For more information check out the band's official fan club and website at: [www.covenworldwide.org](http://www.covenworldwide.org).

## Black's School of Rock rocks

By JENNIFER ORNSTON

If you're looking for a movie that will make you laugh the whole way through, buy a ticket to the newly released *School of Rock*.

Keep in mind, this opinion is coming from someone whose last theatre experience included *Duplex*, one of the most ridiculous movies in history. However, if the laughter of the packed audience is any indication of the movie's success, *School of Rock* is definitely a hit.

The premise of the movie is diehard rock fan Dewey, played by Jack Black, is in need of money after his rock group, No Vacancy, kicked him out of the band.

When a call comes in for his roommate, Ned Schneebly, to substitute teach at a prestigious prep school, Dewey sees an easy opportunity to make some quick cash.

**Movie Review**  
★ ★ ★ ★  
(Rated out of five stars)

Of course the band is a great success. The school's principal, played by Joan Cusack, and all the snotty parents even come to approve of the band at the end.

Cusack gives a great performance as the uptight head of the school. You can see her character clearly possesses the spirit of a rocker, but society, or "man" as Dewey would say, has repressed her.

Although this movie is being publicized as a family film with no swearing, sex or violence, it would appeal to all ages.

Really anyone who is looking for a good laugh should make a trip to the theatre to see it.

For those of you who are apprehensive and only remember Black for his roles in movies such as *Shallow Hal* and *Saving Silverman*, give him another chance.

In *School of Rock* Black is finally cast in a role that really suits him: a guitar-playing slob. Black more than pulls off the character. He gives such a natural performance that you will leave the theatre thinking he did not even have to act.



## Horoscope



Happy Birthday!



**Aries**  
March 21 - April 19



**Taurus**  
April 20 - May 20



**Cancer**  
June 22 - July 22



**Virgo**  
August 23 - September 22



**Libra**  
September 23 - October 22



**Scorpio**  
October 23 - November 21



**Sagittarius**  
November 22 - December 21



**Capricorn**  
December 22 - January 19



**Aquarius**  
January 20 - February 18



**Pisces**  
February 19 - March 20



**Leo**  
July 23 - August 22



**Virgo**  
August 23 - September 22



Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks.

# It's the most wonderful time of the year

By JASON SMITH

The puck has officially dropped to declare the start of a new season in the National Hockey League and I know I'm not the only one excited about what should be a very exciting and memorable year.

Coming off a post-season full of surprises, many hockey fans across North America are asking what to expect for the 2003-04 season.

Who has what it takes to make a long playoff run? Which team will take a quick run out of the gates? Who will finally step up and reach the next level? Who will catch everyone off guard? It may be much too early in the season to make these predictions, but I've got no problem tossing my two cents into the mix. Don't expect many surprises in the NHL this year. Notwithstanding the teams that broke out during last year's regular season and playoffs — Tampa Bay, Anaheim and Minnesota — there shouldn't be too many eye openers in 2003-04.

The Eastern Conference is normally the more predictable side of the NHL, but expect some stiff competition this season. Between the Devils, Leafs, Senators, Flyers, Capitals, and even the Bruins, Lightning and Rangers, anything can happen. The hope for a Canadian team to come out on top of the east at the end of the season — and playoffs — looks good.

In the Western Conference, expect to see much of the same old thing. The Detroit Red Wings, Colorado Avalanche, Dallas Stars and Vancouver Canucks are all set to have great seasons, with any of these teams finishing as number one and two in the conference.

**Don't expect many surprises in the NHL this year ... There shouldn't be too many eye-openers in 2003-04 season.**

The Avs were arguably the most active team in the off-season, first losing legendary goaltender Patrick Roy to retirement, and then picking up free agents Paul Kariya and Teemu Selanne. Kariya and Selanne, former teammates in Anaheim, bring a unique chemistry to this already solid team.

Add reliable superstars like Peter Forsberg, who led the NHL in assists (77) last season as well as points (106), and won the Hart Trophy for most valuable player;

Milan Hejduk, last year's leading goal scorer and winner of the Rocket Richard trophy with 50 goals; Joe Sakic, Alex Tanguay, Rob Blake and Adam Foote among others, and Colorado looks like a legitimate all-star team.

The question surrounding the former Quebec-based team is can goaltender David Aebischer get the job done between the pipes? Nobody can replace future Hall of Famer Patrick Roy and Aebischer definitely has a tough task ahead of him. The sad truth is, a remote-

This year, there's no heroic captain to be found. Kariya ditched the team for a chance at the Stanley Cup with Colorado — even though his team had just made the final — and he took a huge pay cut in the process. As Kariya walked out, however, Sergei Fedorov walked in. The former Red Wings star was in need of a change and is expected to be a leader and the go-to guy on a Ducks team that may seem a little lost and confused.

But never fear... Jiggy's here.

NHL. Ray Whitney (24G, 52A, 76P last season with Columbus) was also added to the mix, as the Wings hope to fill some of the void left from Fedorov's departure.

Goaltender Dominik Hasek has returned from retirement, forcing Curtis Joseph out of a job as the Wings continue to look to ship Cujo despite signing the renowned goalie just one year ago.

With captain and locker-room leader Steve Yzerman — winner of

the 2003 Masterton Trophy for dedication, sportsmanship and perseverance — back on the full-time roster after frustrating knee problems, the Wings just might look better than ever. Brendan Shanahan and Nicklas Lidstrom, who won his third consecutive Norris Trophy for best defenceman last year, will be depended on to lead this Wings team if Yzerman happens to go down again this year.

Add Brett Hull, Chris Chelios, Mathieu Schneider, Pavel Datsyuk, Henrik Zetterberg and the infamous Grind Line of Kris Draper, Kirk Maltby and Darren McCarty and many more to the mix and all signs point to a very successful year. Let's hope for yet another Detroit-Colorado playoff showdown.

Jumping north of the border, the Vancouver Canucks continue to be a threat and have to be considered favourites to win this year's Stanley Cup. With Markus Naslund and tough guy Todd Bertuzzi leading the team into war, nobody can take Vancouver too lightly.

**In the Western Conference, expect to see much of the same things ... In the Eastern Conference, this may just be the year for the white and blue. Then again, it seems we've been saying that for quite some time now.**

# RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

## VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

## HEADACHES

Sudden, severe and unusual headaches

## WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

## TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

## DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



HEART  
AND STROKE  
FOUNDATION

Seek immediate medical attention if you have any of these symptoms.



# PHONE SPOKE



# 748-5220  
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HOCKEY: SEE PAGE 19

# Golf team up to par: finishes fourth at OCAA

By KATE BATTLER

The Conestoga College golf team finished fourth in team play at the OCAA Tournament and Scott Morrison finished fourth in individual play.

All six members of the golf team, Morrison, Marty Skowron, Jeff Kolb, Casey Watson, Wes Haynes and John Pederson, played in the individual tournament while the first five played as the team in the team tournament.

Only five players can count toward team competition with the four lowest scores counting each day. Those scores are added up to calculate the team total.

The tournament was held on Sept. 30 and Oct. 1 at the Upper Canada Golf Club in Morrisburg, Ont., just outside Cornwall. The course was longer than most PGA Tour courses, stretching 7,000 yards from the tee decks.

After the first day of play Conestoga was sitting in second place in team play, behind Humber College, with a score of 314. Morrison and Kolb were tied for third after the first day, shooting a four-over-par 76.

The weather on the first day was not the best with the temperature only 7 C and it dropped to about 3 C with the wind-chill. The winds were gusting up to 50 km/h at times making it very difficult to play.

The second day didn't go so well for the team, said coach Mike Banton.

"The boys played their hearts out but the cold, wet weather just got the best of them," he said.

Morrison shot a 79 in the second day placing him in fourth in individual play for the team.

Individual play for the tournament with a two-day total of 155. Conestoga also finished fourth in team play with a two-day total of 647.

The coach said the weather played a big part in the tournament. The cold conditions meant the ball doesn't fly as far as it would in warmer conditions. Add the wind to the mix and it was very hard to have consistent play.

The guys were being forced to hit a 3- or 4-iron to get the ball to the hole when they normally would have used a 7-iron, said Banton.

Overall the coach said he was very happy with the way the players played and he was not surprised to see the team in second place.

"I could tell they wanted to win the event," he said.

Conestoga College would have been the first college to win a medal at the OCAA Championships that does not offer the professional golf management program.

Only one player, Haynes, will be returning next year. Haynes is an ex-golf professional. He used to be an assistant professional at Whistle Bear and this past summer he was at Lake Joseph in Muskoka.

The other five members of the team are graduating this year. Watson will graduate from police foundations while Morrison, Skowron, Pederson and Kolb will all be graduating from the pre-service firefighting program together in December.

Coach Banton will be giving out the MVP award and the coaches award later on.

He said it was an exciting and entertaining year.

"The best one yet."

# Hockey: intense season looming

CONTINUED FROM PAGE 18

A playoff berth is assured, but how far they can make it may depend on goaltender Dan Cloutier. Look for a second-round defeat of the Canucks this year, but don't be surprised if you see them at the finish line either.

Edmonton and Calgary will have to fight all season long to gain a playoff berth. Edmonton lost Anson Carter to the Rangers last season, then lost speedy veteran Todd Marchant in the off-season and are now in contract disputes with Mike Comrie.

The team is in disarray and looks to be heading down the same path it has been on for the last few years.

The Flames are in the same boat. Jarome Iginla has to be the Jarome of 2001-02 who led the league in scoring for the Flames to remotely have a chance at anything. But don't expect much.

In the Eastern Conference, many fans in this area will be rooting for the Toronto Maple Leafs this year. Let's face it. This just may be the year for the blue and white. Then again, it seems we've been saying this for quite some time now.

With Ed Belfour manning the goal crease, the Leafs obviously have no problem between the pipes. Although they've lost Doug Gilmour, Glen Wesley and Jonas Hoglund in the off-season, the Leafs are set for another solid season.

Mats Sundin will continue to be the leader, but for the Leafs to truly succeed this year, Owen Nolan must be just as consistent. A repeat performance of last year from Alexander Mogilny wouldn't hurt either. With rough and physical defenceman Bryan Marchment now donning the Maple Leafs jersey, look for the Leafs to take a new no-prisoner attitude.

Watch for the pairing of old Calgary friends and linemates Gary Roberts and Joe Nieuwendyk and keep an eye on Matt Stajan, a youngster who joined the Leafs during the playoffs last year. Although it hurts me to say it, 2003-04 could be the year of the Maple Leaf. But I hope not.

Speaking of the Leafs, expect Ottawa-Toronto to be the focus of a lot of energy this year as the

already-prominent feud should heat up even more.

What better way to end the Eastern Conference final than with a good ol' Canadian showdown? The Sens will have to be on their game every night after losing left winger Magnus Arvedson to Vancouver and dealing with continuous financial problems.

The contract holdout by Martin Havlat raised eyebrows as well, but Havlat is now ready for a break-out season after recently signing a new one-year contract with the Sens. Patrick Lalime will be his usual sell in net, allowing the Senators a chance at victory every night, and Marian Hossa, team captain Daniel Alfredsson and Radek Bonk should remain solid. They have to be if the Sens want to take the next step that's been eluding them.

Montreal has a tough task ahead of them, but if they continue to draw inspiration from captain Saku Koivu and his battle with cancer, anything could happen. Koivu returned to the lineup near the end of the 2001-02 season and led his team into the playoffs, showing that heart still goes a long way.

The Canadiens need to remember this if they want to survive through this year's regular season. For this to happen, goalie Jose Theodore also needs to get back to his old form and pave the way for this exciting Habs team.

The Atlanta Thrashers find themselves in the same situation. After tragically losing Dan Snyder on Oct. 5, the team has become very united. Although all-star forward Dany Heatley will not be a part of this year's roster, the Thrashers need to draw inspiration from these tragic events.

As long as Byron Dafoe stays strong in net, Ilya Kovalchuk, Slava Kozlov, Shawn McEachern, Marc Savard, and Patrik Stefan should be able to band together and make this year a season never to be forgotten in NHL history. Call me what you will, but watch out for the Thrashers.

The New Jersey Devils, defending Stanley Cup champions, will look to defend — and retain — their title this year. And if history tells us anything, it very well could happen. Martin Brodeur is the cornerstone of the Devils franchise and never ceases to amaze hockey fans

around the world. Winning the Vezina trophy for best goaltender last season and being named starting goaltender of the 2002-03 first NHL all-star team shows Marty continues to get better with age. With Scott Stevens, Scott Niedermayer, Patrik Elias, Jeff Friesen and John Madden in front of him, Brodeur will be concentrating on nothing but the Devil's fourth cup in the last 10 years.

Lastly, don't take the Boston Bruins too lightly. Maybe it's the Don Cherry influence rubbing off on me, but I like the way the b-town boys are looking this year. Felix Potvin has found a new home with Boston and needs to stay solid in net for the Bruins to break into the playoffs and win a round or two.

The Bruins have been beefing up the last couple years and this year is no different. They acquired gritty forward Travis Green near the end of the off-season from Toronto and should be a force to be reckoned with. Joe Thornton has been getting closer and closer to being the league leader at the end of the year and 2003-04 could be his year to shine.

With Brian Rolston, Martin Lapointe, Sergei Samsonov, Mike Knuble and P.J. Axelsson tearing up the ice every night, opposing teams have more to worry about than they may realize.

When all is said and done, and a new name is being engraved on Lord Stanley's Holy Grail, who will find themselves looking back on a season they'll never forget?

It's too close to call, but I'm going to go out on a ledge and predict the final all of us want to see: the Toronto Maple Leafs facing off against the Detroit Red Wings for hockey's ultimate prize.

Will it happen? Likely not. But it's the best thing that could happen to the NHL from a marketing stand point.

But if you want me to realistically look into my crystal ball, I'll go out on a limb and say... look out for the Canucks. The Stanley Cup may be in their grasp. Then again, the Avs very well could go all the way with their all-star team. Or the Devils could repeat as champs. Hell, what do I know? Enjoy the season fans.

## SPOKE online

Check out the official school newspaper of Conestoga College on the web! <http://www.conestogac.on.ca/spoke/>



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## DROP BY THE RECREATION CENTRE TODAY AND TAKE PART IN A HEALTHY LIFESTYLE



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### Varsity Sports

Your upcoming Varsity home games

#### Men's Rugby

Oct 25, Vs Humber, 1:00pm  
@ Jacob Hespler

#### Men's Hockey

Nov 1st, Vs Cambrian 3:00pm  
Nov 2nd, Vs Cambrian 2:00pm

### Public Skating

Public skating will be held on the following days and times

Tuesday's 11am-1pm  
Sunday's 2pm-3pm

Free for students and members

### Intramural Sports Sign Ups!

Sign ups at the Recreation Centre Oct. 14 till Oct. 22 for the following sports.

#### Non Contact Hockey

#### Ball Hockey

#### Co-Ed Volleyball

#### Co-Ed Basketball

Individuals can sign up for each sport at the front desk.

For more information  
Call the hotline number:  
748-3565 ext 3565

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